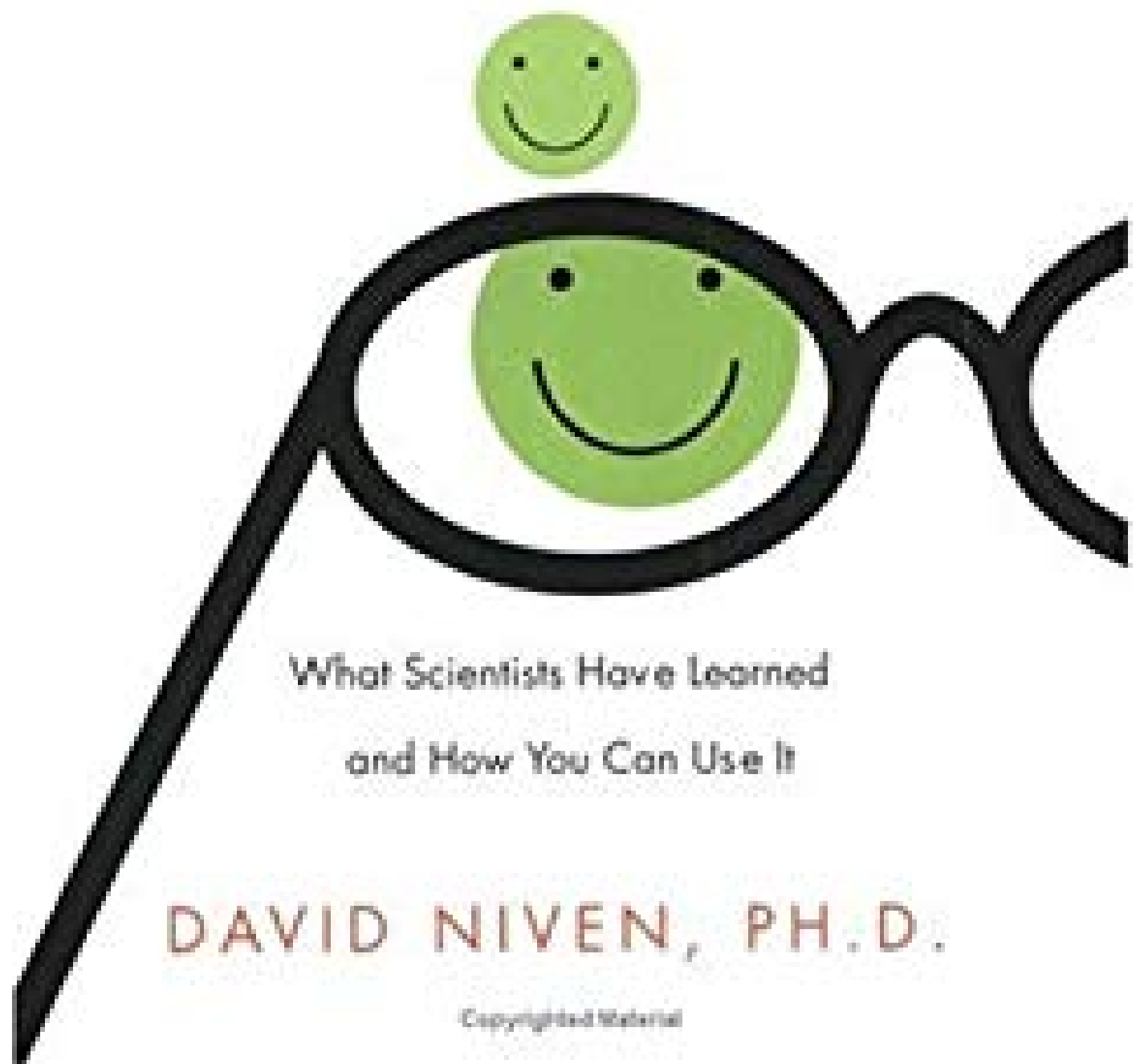


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THE 100 SIMPLE SECRETS OF **The Best Half of Life**

MAKE YOUR SECOND HALF THE BEST HALF!



What Scientists Have Learned
and How You Can Use It

DAVID NIVEN, PH.D.

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100 Simple Secrets of the Best Half of Life: What Scientists Have Learned and How You Can Use It



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Practical advice on how to thrive in the second half you will ever have, based on scientific studies. The sixth publication in the bestselling 100 Basic Secrets series. What perform people who relish the next fifty percent of their lives do differently than those who dread growing older? Sociologists, therapists and psychiatrists have got spent entire careers investigating the ins and outs of successful aging, however their findings are inaccessible to regular people, hidden in obscure journals to end up being shared with other experts. These results have been boiled down to one hundred essential methods to find and maintain joy, health, and satisfaction every day you will ever have. Now the worldwide bestselling author of The 100 Simple Secrets series has gathered the most current and significant data from greater than a thousand of the greatest scientific research on the second half of lifestyle. Each one is along with a true tale showing the results in action. A good inexpensive gift for parents and grandparents. Books about ageing well continue steadily to sell calendar year in and season out. This upbeat, light approach will charm to the enormous market of citizens grappling with the consequences of becoming 'senior', seeking to discover the positive great things about aging beyond low cost tickets at the cinema. The Simple Secrets approach will stick out among the heavier self-help/psychology titles and will without a doubt become an inexpensive impulse and gifty mainstay in this category. The Baby Boomers are striking retirement age.



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People, Relationships, Best Half of Existence, Happy People, etc have all been wonderful suggestions with the research the idea is founded on.. Five Stars Great book to learn and share. Helps to take full advantage of it all... David Niven's is concrete, shouldn't offend a person with a 'religious' overtone (get over it anyways), and not likely to business lead them off for some cult or guru.. Great secrets Good mottos.." Recommended read for 40's and above!.. Five Stars Great product!.yeehah... Truly "what researchers have learned and how you may use it.I now have an approach to help me get some perspective and take full advantage of it all Five Stars Love all his Simple Secrets books. I buy extras for my close friends. Reading a date a day time and that works well. Fascinating factoids I enjoy all of Niven's books. Basic and thought provoking. I examine one a week and it makes for gentle reflection on my entire life.. Great price. WONDERFUL, USEFUL, INSPIRING I have read all of Dr. Niven's books and also have found Each one of them to become FANTASTIC!Five Stars I love this reserve! As a psychologist, I hate suggesting books (bibliotherapy) that's half-baked or some crap off Opera.. Just simple, safe, reliable and healthy perspectives.. Sorting out the second half of my entire life. Quick read full of interesting stories and figures. Well written and edited.



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